

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

1. Result 100

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	19 Elena Ruijtenberg	DB1	10	I	11.75		
2	98 Femke Lindeboom	DC1	10	O	12.01		
3	55 Jesse van Velde	HPB	9	I	12.07	PB	
4	41 Mika Wesselink	HC1	7	O	12.40	PB	
5	45 Naomi Potjes	DPA	7	I	12.73		
6	12 Bert Keizer	H70	9	O	12.80		
7	7 Neyómy Barry	DC1	8	O	13.23	PB	
8	58 Yinthe de Jong	DPA	6	I	13.25	PB	
9	119 Eline Tuitert	DPA	8	I	13.38		
10	40 Indy Wesselink	DPB	5	I	13.80	PB	
11	53 Mees Mulder	HPE	5	O	14.24		
12	32 Esmee Noordman	DPD	6	O	14.75		
13	118 Nora Jonkers	DPF	2	O	14.82	PB	
14	89 Jitske van de Hel	DB1	4	O	14.97	PB	
15	48 Isabel Potjes	DPC	3	O	15.13	PB	
16	116 Lotte Mus	DPD	2	I	15.61	PB	
17	85 Oliver Broer	HPF	1	I	16.61		
	13 Kynzly Barry	HPF	3	I	DNS		
	27 Koen Nijkamp	HPD	4	I	DNS		

Referee:

Assistant:

Starter:

From 3/12/2025 5:15:00 PM to 3/12/2025 5:26:45 PM

Print: 3/26/2025 12:24:17 PM

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

1. Race Result 100

		Name		Cat		PB		Time	Info
1	wt	85	Oliver Broer		HPF			16.61	
	rd								
		<u>Oliver Broer</u>							
		100m	16.61	(16.61)			m		

		Name		Cat		PB		Time	Info
2	yw	116	Lotte Mus		DPD	15.75		15.61	PB
	bl	118	Nora Jonkers		DPF	15.84		14.82	PB
		<u>Lotte Mus</u>							
		100m	15.61	(15.61)					
		<u>Nora Jonkers</u>							
		100m	14.82	(14.82)					

		Name		Cat		PB		Time	Info
3	wt	13	Kynzly Barry		HPF	14.72		DNS	
	rd	48	Isabel Potjes		DPC	15.37		15.13	PB
		<u>Kynzly Barry</u>							
		<u>Isabel Potjes</u>							
			100m	15.13	(15.13)				

		Name		Cat		PB		Time	Info
4	yw	27	Koen Nijkamp		HPD	14.43		DNS	
	bl	89	Jitske van de Hel		DB1	15.55		14.97	PB
		<u>Koen Nijkamp</u>							
		<u>Jitske van de Hel</u>							
			100m	14.97	(14.97)				

		Name		Cat		PB		Time	Info
5	wt	40	Indy Wesselink		DPB	13.97		13.80	PB
	rd	53	Mees Mulder		HPE	14.06		14.24	
		<u>Indy Wesselink</u>							
		<u>Mees Mulder</u>							
		100m	13.80	(13.80)			100m	14.24	(14.24)

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12 March 2025

		Name	Cat	PB	Time	Info
6	yw	58 Yinthe de Jong	DPA	13.56	13.25	PB
	bl	32 Esmee Noordman	DPD	14.36	14.75	
		<u>Yinthe de Jong</u>		<u>Esmee Noordman</u>		
		100m 13.25 (13.25)		100m 14.75 (14.75)		

		Name	Cat	PB	Time	Info
7	wt	45 Naomi Potjes	DPA	12.60	12.73	
	rd	41 Mika Wesselink	HC1	12.57	12.40	PB
		<u>Naomi Potjes</u>		<u>Mika Wesselink</u>		
		100m 12.73 (12.73)		100m 12.40 (12.40)		

		Name	Cat	PB	Time	Info
8	yw	119 Eline Tuitert	DPA	13.28	13.38	
	bl	7 Neyómy Barry	DC1	13.30	13.23	PB
		<u>Eline Tuitert</u>		<u>Neyómy Barry</u>		
		100m 13.38 (13.38)		100m 13.23 (13.23)		

		Name	Cat	PB	Time	Info
9	wt	55 Jesse van Velde	HPB	12.14	12.07	PB
	rd	12 Bert Keizer	H70	11.60	12.80	
		<u>Jesse van Velde</u>		<u>Bert Keizer</u>		
		100m 12.07 (12.07)		100m 12.80 (12.80)		

		Name	Cat	PB	Time	Info
10	yw	19 Elena Ruijtenberg	DB1	11.71	11.75	
	bl	98 Femke Lindeboom	DC1	11.95	12.01	
		<u>Elena Ruijtenberg</u>		<u>Femke Lindeboom</u>		
		100m 11.75 (11.75)		100m 12.01 (12.01)		

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Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

2. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	10 Liam Schroten	HC1	39	I	42.27		
2	64 Joachim van Laar	HB1	40	I	43.57		
3	57 Marloes Westerhof	D40	39	O	43.79	TRC	
4	108 Jelte Wensveen	HB1	37	I	45.37		
5	95 Huub Smeets	HA1	38	O	45.41	PB	
6	86 Lisa Huis in 't Veld	DC1	38	I	45.66		
7	15 Just Klunder	HC1	37	O	46.17		
8	39 Abe van Laar	HC1	36	I	46.92		
9	71 Jasper van Roekel	HC2	33	I	47.21	PB	
10	70 Wietze de Haan	HC1	33	O	47.83		
11	33 Marthe Schalkwijk	DB1	35	I	47.85		
12	11 Roan Varenbrink	HPA	36	O	47.96		
13	112 Inge Pelgröm	DSA	31	O	48.26		
14	28 Pieter Jan Oosterhoff	H50	35	O	49.07		
15	91 Isa van der Weerd	DC1	34	O	49.13		
16	12 Bert Keizer	H70	40	O	49.28		
17	6 Maria Ufkes	D45	31	I	49.43		
18	87 Dione Groot Jebbink	DC1	27	I	49.48		
19	2 Danique Stout	DPA	34	I	49.57		
20	113 Kim Versteeg	DC1	28	I	49.70		
21	55 Jesse van Velde	HPB	32	O	49.74		
22	84 Ties Groothuis	HPB	30	I	50.07		
23	41 Mika Wesselink	HC1	29	I	50.10		
24	102 Joëlle van Drimmelen	DPA	28	O	50.52		
25	83 Luuk Groothuis	HPA	30	O	50.53		
26	45 Naomi Potjes	DPA	26	O	50.67	PB	
27	18 Fedde ter Laak	HPC	26	I	50.95		
28	92 Mireille van der Weerd	DB1	27	O	51.29		
29	26 Mirjam Hulsebos	D55	24	O	51.63		
30	1 Emma van der Velde	DPA	29	O	51.74		
31	3 Sanna van der Velde	DC2	32	I	52.06		
32	29 Jelle Nijkamp	HPB	24	I	52.21	PB	
33	38 Nora Venema	DPC	25	O	52.37		
34	88 Aiko Hulzebos	H60	23	O	52.42	PB	
35	110 Famke Aukema	DC2	25	I	53.15		
36	25 Jildau ter Laak	DPB	19	O	53.28		
37	117 Fajah Lugtenberg	DPC	19	I	53.49		
38	22 Thomas Hoogeboom	HPB	18	O	53.65		

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	43 Silke van den Bos	DC2	22	O	54.12		
40	5 Miquel Stout	HPD	23	I	54.17		
41	58 Yinthe de Jong	DPA	21	O	54.41		
42	23 Jasmijn Smit	DPB	20	O	55.46		
43	40 Indy Wesselink	DPB	20	I	55.59		
44	79 Sarah Handelzalts	DPA	16	O	55.66	PB	
45	120 Blom Ooijman	DC2	18	I	56.47		
46	20 Milou Ruijtenberg	DPC	17	O	56.95		
47	77 Feline van de Brandhof	DC1	17	I	57.35		
48	105 Sverre Botter	HPE	15	I	58.78	PB	
49	89 Jitske van de Hel	DB1	16	I	59.37	PB	
50	93 Vayèn van der Weerd	DPC	15	O	1:00.15	PB	
51	27 Koen Nijkamp	HPD	13	O	1:00.26	PB	
52	53 Mees Mulder	HPE	11	O	1:02.87		
53	103 Lola Bruggeman	DPE	14	O	1:04.26	PB	
54	94 Yara Makkinga	DC1	21	I	1:06.19	FL	
55	48 Isabel Potjes	DPC	13	I	1:07.23		
56	114 Maren Arnold	DC1	14	I	1:09.58		
57	36 Jasper Neimeijer	HPC	22	I	1:18.97	FL	
58	85 Oliver Broer	HPF	11	I	1:23.43	FL	

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2. Race Result 500 meter

		Name		Cat		PB		Time	Info
11	wt	85	Oliver Broer		HPF			1:23.43	FL
	rd	53	Mees Mulder		HPE			1:02.87	
		Oliver Broer			Mees Mulder				
		100m	17.87	(17.87)	100m	14.25	(14.25)		
		500m	1:23.43	(65.56)	500m	1:02.87	(48.62)		

		Name		Cat		PB		Time	Info
12	yw								
	bl								
			m				m		

		Name		Cat		PB		Time	Info
13	wt	48	Isabel Potjes		DPC		1:06.99	1:07.23	
	rd	27	Koen Nijkamp		HPD		1:07.03	1:00.26	PB
		Isabel Potjes			Koen Nijkamp				
		100m	15.45	(15.45)	100m	14.42	(14.42)		
		500m	1:07.23	(51.78)	500m	1:00.26	(45.84)		

		Name		Cat		PB		Time	Info
14	yw	114	Maren Arnold		DC1		1:05.48	1:09.58	
	bl	103	Lola Bruggeman		DPE		1:05.82	1:04.26	PB
		Maren Arnold			Lola Bruggeman				
		100m	16.93	(16.93)	100m	15.35	(15.35)		
		500m	1:09.58	(52.65)	500m	1:04.26	(48.91)		

		Name		Cat		PB		Time	Info
15	wt	105	Sverre Botter		HPE		59.23	58.78	PB
	rd	93	Vayèn van der Weerd		DPC		1:01.14	1:00.15	PB
		Sverre Botter			Vayèn van der Weerd				
		100m	14.47	(14.47)	100m	14.46	(14.46)		
		500m	58.78	(44.31)	500m	1:00.15	(45.69)		

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		Name		Cat		PB		Time	Info
16	yw	89	Jitske van de Hel		DB1		1:00.31	59.37	PB
	bl	79	Sarah Handelzalts		DPA		56.07	55.66	PB
		Jitske van de Hel			Sarah Handelzalts				
		100m	15.36	(15.36)	100m	13.88	(13.88)		
		500m	59.37	(44.01)	500m	55.66	(41.78)		

		Name		Cat		PB		Time	Info
17	wt	77	Feline van de Brandhof		DC1		56.87	57.35	
	rd	20	Milou Ruijtenberg		DPC		56.11	56.95	
		Feline van de Brandhof			Milou Ruijtenberg				
		100m	14.36	(14.36)	100m	14.62	(14.62)		
		500m	57.35	(42.99)	500m	56.95	(42.33)		

		Name		Cat		PB		Time	Info
18	yw	120	Blom Ooijman		DC2		55.45	56.47	
	bl	22	Thomas Hooigeboom		HPB		53.11	53.65	
		Blom Ooijman			Thomas Hooigeboom				
		100m	14.28	(14.28)	100m	14.18	(14.18)		
		500m	56.47	(42.19)	500m	53.65	(39.47)		

		Name		Cat		PB		Time	Info
19	wt	117	Fajah Lugtenberg		DPC		53.45	53.49	
	rd	25	Jildau ter Laak		DPB		51.99	53.28	
		Fajah Lugtenberg			Jildau ter Laak				
		100m	13.92	(13.92)	100m	13.78	(13.78)		
		500m	53.49	(39.57)	500m	53.28	(39.50)		

		Name		Cat		PB		Time	Info
20	yw	40	Indy Wesselink		DPB		55.25	55.59	
	bl	23	Jasmijn Smit		DPB		54.39	55.46	
		Indy Wesselink			Jasmijn Smit				
		100m	13.93	(13.93)	100m	14.50	(14.50)		
		500m	55.59	(41.66)	500m	55.46	(40.96)		

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		Name		Cat		PB		Time	Info
21	wt	94	Yara Makkinga		DC1		52.58	1:06.19	FL
	rd	58	Yinthe de Jong		DPA		53.71	54.41	
		Yara Makkinga			Yinthe de Jong				
		100m	13.85	(13.85)	100m	13.94	(13.94)		
		500m	1:06.19	(52.34)	500m	54.41	(40.47)		
<hr/>									
		Name		Cat		PB		Time	Info
22	yw	36	Jasper Neimeijer		HPC		53.95	1:18.97	FL
	bl	43	Silke van den Bos		DC2		52.53	54.12	
		Jasper Neimeijer			Silke van den Bos				
		100m	13.91	(13.91)	100m	14.08	(14.08)		
		500m	1:18.97	(65.06)	500m	54.12	(40.04)		
<hr/>									
		Name		Cat		PB		Time	Info
23	wt	5	Miquel Stout		HPD		53.15	54.17	
	rd	88	Aiko Hulzebos		H60		53.08	52.42	PB
		Miquel Stout			Aiko Hulzebos				
		100m	13.60	(13.60)	100m	14.52	(14.52)		
		500m	54.17	(40.57)	500m	52.42	(37.90)		
<hr/>									
		Name		Cat		PB		Time	Info
24	yw	29	Jelle Nijkamp		HPB		52.88	52.21	PB
	bl	26	Mirjam Hulsebos		D55		50.18	51.63	
		Jelle Nijkamp			Mirjam Hulsebos				
		100m	13.18	(13.18)	100m	13.89	(13.89)		
		500m	52.21	(39.03)	500m	51.63	(37.74)		
<hr/>									
		Name		Cat		PB		Time	Info
25	wt	110	Famke Aukema		DC2		51.48	53.15	
	rd	38	Nora Venema		DPC		51.34	52.37	
		Famke Aukema			Nora Venema				
		100m	14.20	(14.20)	100m	13.47	(13.47)		
		500m	53.15	(38.95)	500m	52.37	(38.90)		

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		Name		Cat		PB	Time	Info
26	yw	18	Fedde ter Laak		HPC	50.30	50.95	
	bl	45	Naomi Potjes		DPA	51.11	50.67	PB
		Fedde ter Laak			Naomi Potjes			
		100m	13.45	(13.45)	100m	13.00	(13.00)	
		500m	50.95	(37.50)	500m	50.67	(37.67)	

		Name		Cat		PB	Time	Info
27	wt	87	Dione Groot Jebbink		DC1	48.27	49.48	
	rd	92	Mireille van der Weerd		DB1	49.21	51.29	
		Dione Groot Jebbink			Mireille van der Weerd			
		100m	13.32	(13.32)	100m	13.64	(13.64)	
		500m	49.48	(36.16)	500m	51.29	(37.65)	

		Name		Cat		PB	Time	Info
28	yw	113	Kim Versteeg		DC1	49.47	49.70	
	bl	102	Joëlle van Drimmelen		DPA	49.28	50.52	
		Kim Versteeg			Joëlle van Drimmelen			
		100m	13.17	(13.17)	100m	13.25	(13.25)	
		500m	49.70	(36.53)	500m	50.52	(37.27)	

		Name		Cat		PB	Time	Info
29	wt	41	Mika Wesselink		HC1	49.46	50.10	
	rd	1	Emma van der Velde		DPA	50.34	51.74	
		Mika Wesselink			Emma van der Velde			
		100m	12.73	(12.73)	100m	13.10	(13.10)	
		500m	50.10	(37.37)	500m	51.74	(38.64)	

		Name		Cat		PB	Time	Info
30	yw	84	Ties Groothuis		HPB	49.54	50.07	
	bl	83	Luuk Groothuis		HPA	50.09	50.53	
		Ties Groothuis			Luuk Groothuis			
		100m	12.65	(12.65)	100m	13.05	(13.05)	
		500m	50.07	(37.42)	500m	50.53	(37.48)	

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		Name		Cat		PB		Time	Info
31	wt	6	Maria Ufkes		D45		45.98	49.43	
	rd	112	Inge Pelgröm		DSA		48.19	48.26	
		Maria Ufkes			Inge Pelgröm				
		100m	12.91	(12.91)	100m	13.22	(13.22)		
		500m	49.43	(36.52)	500m	48.26	(35.04)		
<hr/>									
		Name		Cat		PB		Time	Info
32	yw	3	Sanna van der Velde		DC2		48.05	52.06	
	bl	55	Jesse van Velde		HPB		48.61	49.74	
		Sanna van der Velde			Jesse van Velde				
		100m	13.47	(13.47)	100m	12.24	(12.24)		
		500m	52.06	(38.59)	500m	49.74	(37.50)		
<hr/>									
		Name		Cat		PB		Time	Info
33	wt	71	Jasper van Roekel		HC2		47.44	47.21	PB
	rd	70	Wietze de Haan		HC1		47.49	47.83	
		Jasper van Roekel			Wietze de Haan				
		100m	12.58	(12.58)	100m	12.94	(12.94)		
		500m	47.21	(34.63)	500m	47.83	(34.89)		
<hr/>									
		Name		Cat		PB		Time	Info
34	yw	2	Danique Stout		DPA		47.57	49.57	
	bl	91	Isa van der Weerd		DC1		47.54	49.13	
		Danique Stout			Isa van der Weerd				
		100m	13.22	(13.22)	100m	13.11	(13.11)		
		500m	49.57	(36.35)	500m	49.13	(36.02)		
<hr/>									
		Name		Cat		PB		Time	Info
35	wt	33	Marthe Schalkwijk		DB1		46.68	47.85	
	rd	28	Pieter Jan Oosterhoff		H50		46.52	49.07	
		Marthe Schalkwijk			Pieter Jan Oosterhoff				
		100m	12.51	(12.51)	100m	12.80	(12.80)		
		500m	47.85	(35.34)	500m	49.07	(36.27)		

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		Name		Cat		PB		Time	Info
36	yw	39	Abe van Laar		HC1		45.92	46.92	
	bl	11	Roan Varenbrink		HPA		46.89	47.96	
		Abe van Laar			Roan Varenbrink				
		100m	12.55	(12.55)	100m	12.49	(12.49)		
		500m	46.92	(34.37)	500m	47.96	(35.47)		

		Name		Cat		PB		Time	Info
37	wt	108	Jelte Wensveen		HB1		44.74	45.37	
	rd	15	Just Klunder		HC1		45.33	46.17	
		Jelte Wensveen			Just Klunder				
		100m	12.00	(12.00)	100m	12.27	(12.27)		
		500m	45.37	(33.37)	500m	46.17	(33.90)		

		Name		Cat		PB		Time	Info
38	yw	86	Lisa Huis in 't Veld		DC1		45.44	45.66	
	bl	95	Huub Smeets		HA1		45.71	45.41	PB
		Lisa Huis in 't Veld			Huub Smeets				
		100m	12.09	(12.09)	100m	12.18	(12.18)		
		500m	45.66	(33.57)	500m	45.41	(33.23)		

		Name		Cat		PB		Time	Info
39	wt	10	Liam Schrotten		HC1		41.04	42.27	
	rd	57	Marloes Westerhof		D40		41.87	43.79	TRC
		Liam Schrotten			Marloes Westerhof				
		100m	11.44	(11.44)	100m	11.75	(11.75)		
		500m	42.27	(30.83)	500m	43.79	(32.04)		

		Name		Cat		PB		Time	Info
40	yw	64	Joachim van Laar		HB1		41.60	43.57	
	bl	12	Bert Keizer		H70		43.12	49.28	
		Joachim van Laar			Bert Keizer				
		100m	11.86	(11.86)	100m	12.82	(12.82)		
		500m	43.57	(31.71)	500m	49.28	(36.46)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

3. Result 100

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	98 Femke Lindeboom	DC1	41	I	11.77	PB	
2	7 Neyómy Barry	DC1	42	I	13.21	PB	
3	13 Kynzly Barry	HPF	42	O	15.53		

Referee:

Assistant:

Starter:

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

3. Race Result 100

		Name	Cat	PB	Time Info
41	wt rd	98 Femke Lindeboom	DC1	11.95	11.77 PB
		Femke Lindeboom			
		100m	11.77 (11.77)		m

		Name	Cat	PB	Time Info
42	yw bl	7 Neyómy Barry	DC1	13.30	13.21 PB
		13 Kynzly Barry	HPF	14.72	15.53
		Neyómy Barry		Kynzly Barry	
		100m	13.21 (13.21)	100m	15.53 (15.53)

Referee:

Assistant:

Starter:

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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5. Result 300 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	64 Joachim van Laar	HB1	48	I	27.71	PB	
2	19 Elena Ruijtenberg	DB1	51	O	27.84		
3	15 Just Klunder	HC1	51	I	29.26	PB	
4	11 Roan Varenbrink	HPA	52	I	29.70		
5	102 Joëlle van Drimmelen	DPA	49	O	32.25		
6	119 Eline Tuitert	DPA	50	O	32.62		
7	92 Mireille van der Weerd	DB1	50	I	32.88	PB	
8	29 Jelle Nijkamp	HPB	52	O	33.14		
9	117 Fajah Lugtenberg	DPC	49	I	33.63		
10	22 Thomas Hoogeboom	HPB	47	O	35.03		
11	20 Milou Ruijtenberg	DPC	47	I	35.66		
12	93 Vayèn van der Weerd	DPC	48	O	37.21		
13	32 Esmee Noordman	DPD	46	I	37.74		
14	103 Lola Bruggeman	DPE	45	O	40.20		
15	118 Nora Jonkers	DPF	46	O	41.34	PB	
16	105 Sverre Botter	HPE	45	I	41.89	FL	
17	116 Lotte Mus	DPD	43	I	43.83	PB	

Referee:

Assistant:

Starter:

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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5. Race Result 300 meter

	Name	Cat	PB	Time	Info
43	wt rd	116 Lotte Mus	DPD	43.95	43.83 PB
	<u>Lotte Mus</u>				
	300m	43.83 (43.83)		m	

	Name	Cat	PB	Time	Info
44	yw bl				
				m	
				m	

	Name	Cat	PB	Time	Info
45	wt rd	105 Sverre Botter	HPE	36.40	41.89 FL
		103 Lola Bruggeman	DPE	38.98	40.20
	<u>Sverre Botter</u>				
	300m	41.89 (41.89)			
	<u>Lola Bruggeman</u>				
	300m	40.20 (40.20)			

	Name	Cat	PB	Time	Info
46	yw bl	32 Esmee Noordman	DPD	36.79	37.74
		118 Nora Jonkers	DPF	42.09	41.34 PB
	<u>Esmee Noordman</u>				
	300m	37.74 (37.74)			
	<u>Nora Jonkers</u>				
	300m	41.34 (41.34)			

	Name	Cat	PB	Time	Info
47	wt rd	20 Milou Ruijtenberg	DPC	35.32	35.66
		22 Thomas Hoogeboom	HPB	34.44	35.03
	<u>Milou Ruijtenberg</u>				
	300m	35.66 (35.66)			
	<u>Thomas Hoogeboom</u>				
	300m	35.03 (35.03)			

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name	Cat	PB	Time	Info
48	yw	64 Joachim van Laar	HB1	35.49	27.71	PB
	bl	93 Vayèn van der Weerd	DPC	35.84	37.21	
		<u>Joachim van Laar</u>			<u>Vayèn van der Weerd</u>	
		300m 27.71 (27.71)		300m 37.21 (37.21)		

		Name	Cat	PB	Time	Info
49	wt	117 Fajah Lugtenberg	DPC	33.22	33.63	
	rd	102 Joëlle van Drimmelen	DPA	31.33	32.25	
		<u>Fajah Lugtenberg</u>			<u>Joëlle van Drimmelen</u>	
		300m 33.63 (33.63)		300m 32.25 (32.25)		

		Name	Cat	PB	Time	Info
50	yw	92 Mireille van der Weerd	DB1	33.47	32.88	PB
	bl	119 Eline Tuitert	DPA	32.58	32.62	
		<u>Mireille van der Weerd</u>			<u>Eline Tuitert</u>	
		300m 32.88 (32.88)		300m 32.62 (32.62)		

		Name	Cat	PB	Time	Info
51	wt	15 Just Klunder	HC1	29.46	29.26	PB
	rd	19 Elena Ruijtenberg	DB1	27.46	27.84	
		<u>Just Klunder</u>			<u>Elena Ruijtenberg</u>	
		300m 29.26 (29.26)		300m 27.84 (27.84)		

		Name	Cat	PB	Time	Info
52	yw	11 Roan Varenbrink	HPA	29.47	29.70	
	bl	29 Jelle Nijkamp	HPB	32.53	33.14	
		<u>Roan Varenbrink</u>			<u>Jelle Nijkamp</u>	
		300m 29.70 (29.70)		300m 33.14 (33.14)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

6. Result 700 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	10 Liam Schroten	HC1	66	I	58.77	PB	
2	57 Marloes Westerhof	D40	65	I	1:01.14		
3	108 Jelte Wensveen	HB1	65	O	1:03.01	PB	
4	86 Lisa Huis in 't Veld	DC1	66	O	1:06.77		
5	31 Liam Makkinga	HPC	62	I	1:07.26	PB	
6	99 Myrthe Kuiper	DA1	63	I	1:07.30		
7	6 Maria Ufkes	D45	64	I	1:08.62	PB	
8	109 Evi de Vries	DPC	59	O	1:09.25	PB	
9	87 Dione Groot Jebbink	DC1	61	I	1:09.51	PB	
10	106 Sven Bosman	HB1	64	O	1:09.96	PB	
11	91 Isa van der Weerd	DC1	63	O	1:10.39		
12	113 Kim Versteeg	DC1	57	I	1:11.07	PB	
13	35 Christan van den Brink	HPD	60	I	1:11.47		
14	18 Fedde ter Laak	HPC	57	O	1:12.70	PB	
15	38 Nora Venema	DPC	58	I	1:12.72	PB	
16	83 Luuk Groothuis	HPA	62	O	1:13.48		
17	110 Famke Aukema	DC2	59	I	1:14.08		
18	84 Ties Groothuis	HPB	61	O	1:14.51		
19	43 Silke van den Bos	DC2	60	O	1:15.41		
20	5 Miquel Stout	HPD	56	O	1:15.83	PB	
21	36 Jasper Neimeijer	HPC	53	I	1:16.07		
22	25 Jildau ter Laak	DPB	56	I	1:16.62		
23	115 Maxim Ypma	HPD	55	I	1:17.39	PB	
24	23 Jasmijn Smit	DPB	58	O	1:18.22		
25	77 Feline van de Brandhof	DC1	55	O	1:18.26	PB	
26	79 Sarah Handelzalts	DPA	53	O	1:18.52		

Referee:

Assistant:

Starter:

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Sport- en Recreatiecentrum de Scheg - Deventer

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6. Race Result 700 meter

		Name	Cat	PB	Time	Info
53	wt	36 Jasper Neimeijer	HPC		1:16.07	
	rd	79 Sarah Handelzalts	DPA		1:18.52	
		<u>Jasper Neimeijer</u>			<u>Sarah Handelzalts</u>	
		300m 34.17 (34.17)		300m 34.93 (34.93)		
		700m 1:16.07 (41.90)		700m 1:18.52 (43.59)		

		Name	Cat	PB	Time	Info
54	yw					
	bl					
		<u>m</u>			<u>m</u>	

		Name	Cat	PB	Time	Info
55	wt	115 Maxim Ypma	HPD	1:18.79	1:17.39	PB
	rd	77 Feline van de Brandhof	DC1	1:22.64	1:18.26	PB
		<u>Maxim Ypma</u>			<u>Feline van de Brandhof</u>	
		300m 34.87 (34.87)		300m 35.26 (35.26)		
		700m 1:17.39 (42.52)		700m 1:18.26 (43.00)		

		Name	Cat	PB	Time	Info
56	yw	25 Jildau ter Laak	DPB	1:13.43	1:16.62	
	bl	5 Miquel Stout	HPD	1:16.06	1:15.83	PB
		<u>Jildau ter Laak</u>			<u>Miquel Stout</u>	
		300m 34.51 (34.51)		300m 33.99 (33.99)		
		700m 1:16.62 (42.11)		700m 1:15.83 (41.84)		

		Name	Cat	PB	Time	Info
57	wt	113 Kim Versteeg	DC1	1:15.96	1:11.07	PB
	rd	18 Fedde ter Laak	HPC	1:15.68	1:12.70	PB
		<u>Kim Versteeg</u>			<u>Fedde ter Laak</u>	
		300m 32.39 (32.39)		300m 32.92 (32.92)		
		700m 1:11.07 (38.68)		700m 1:12.70 (39.78)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
58	yw	38	Nora Venema		DPC		1:17.52	1:12.72	PB
	bl	23	Jasmijn Smit		DPB		1:16.87	1:18.22	
		Nora Venema			Jasmijn Smit				
		300m	32.84	(32.84)	300m	35.66	(35.66)		
		700m	1:12.72	(39.88)	700m	1:18.22	(42.56)		

		Name		Cat		PB		Time	Info
59	wt	110	Famke Aukema		DC2		1:13.08	1:14.08	
	rd	109	Evi de Vries		DPC		1:14.80	1:09.25	PB
		Famke Aukema			Evi de Vries				
		300m	34.18	(34.18)	300m	31.07	(31.07)		
		700m	1:14.08	(39.90)	700m	1:09.25	(38.18)		

		Name		Cat		PB		Time	Info
60	yw	35	Christan van den Brink		HPD		1:09.16	1:11.47	
	bl	43	Silke van den Bos		DC2		1:15.18	1:15.41	
		Christan van den Brink			Silke van den Bos				
		300m	32.81	(32.81)	300m	34.28	(34.28)		
		700m	1:11.47	(38.66)	700m	1:15.41	(41.13)		

		Name		Cat		PB		Time	Info
61	wt	87	Dione Groot Jebbink		DC1		1:11.93	1:09.51	PB
	rd	84	Ties Groothuis		HPB		1:10.99	1:14.51	
		Dione Groot Jebbink			Ties Groothuis				
		300m	32.65	(32.65)	300m	33.34	(33.34)		
		700m	1:09.51	(36.86)	700m	1:14.51	(41.17)		

		Name		Cat		PB		Time	Info
62	yw	31	Liam Makkinga		HPC		1:10.98	1:07.26	PB
	bl	83	Luuk Groothuis		HPA		1:12.41	1:13.48	
		Liam Makkinga			Luuk Groothuis				
		300m	30.49	(30.49)	300m	32.61	(32.61)		
		700m	1:07.26	(36.77)	700m	1:13.48	(40.87)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
63	wt	99	Myrthe Kuiper		DA1		1:06.77	1:07.30	
	rd	91	Isa van der Weerd		DC1		1:09.77	1:10.39	
		Myrthe Kuiper			Isa van der Weerd				
		300m	30.92	(30.92)	300m	32.47	(32.47)		
		700m	1:07.30	(36.38)	700m	1:10.39	(37.92)		

		Name		Cat		PB		Time	Info
64	yw	6	Maria Ufkes		D45		1:10.65	1:08.62	PB
	bl	106	Sven Bosman		HB1		1:10.62	1:09.96	PB
		Maria Ufkes			Sven Bosman				
		300m	31.46	(31.46)	300m	31.25	(31.25)		
		700m	1:08.62	(37.16)	700m	1:09.96	(38.71)		

		Name		Cat		PB		Time	Info
65	wt	57	Marloes Westerhof		D40		1:00.73	1:01.14	
	rd	108	Jelte Wensveen		HB1		1:06.29	1:03.01	PB
		Marloes Westerhof			Jelte Wensveen				
		300m	28.22	(28.22)	300m	28.74	(28.74)		
		700m	1:01.14	(32.92)	700m	1:03.01	(34.27)		

		Name		Cat		PB		Time	Info
66	yw	10	Liam Schrotten		HC1		59.62	58.77	PB
	bl	86	Lisa Huis in 't Veld		DC1		1:05.67	1:06.77	
		Liam Schrotten			Lisa Huis in 't Veld				
		300m	27.00	(27.00)	300m	29.84	(29.84)		
		700m	58.77	(31.77)	700m	1:06.77	(36.93)		

Referee:

Assistant:

Starter:

From 3/12/2025 5:15:00 PM to 3/12/2025 6:36:18 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

7. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	46 Justin van Velde	HC1	75	O	2:11.07		
2	34 Lauren van den Brink	DPA	75	I	2:11.58	TRC	
3	39 Abe van Laar	HC1	76	I	2:20.71		
4	95 Huub Smeets	HA1	73	I	2:22.52	PB	
5	70 Wietze de Haan	HC1	74	O	2:28.11		
6	112 Inge Pelgröm	DSA	74	I	2:30.87		
7	71 Jasper van Roekel	HC2	71	I	2:31.65	PB	
8	2 Danique Stout	DPA	68	O	2:31.86		
9	101 Marcel Bloemenkamp	H55	70	O	2:33.74		
10	28 Pieter Jan Oosterhoff	H50	76	O	2:33.83		
11	33 Marthe Schalkwijk	DB1	71	O	2:38.60		
12	88 Aiko Hulzebos	H60	67	I	2:41.94		
13	26 Mirjam Hulsebos	D55	72	O	2:43.44		
14	1 Emma van der Velde	DPA	69	I	2:47.87	PB	
15	94 Yara Makkinga	DC1	70	I	2:49.48		
16	120 Blom Ooijman	DC2	69	O	3:01.96		
	4 Benthe Kamerling	DC1				WDR	
	9 Florine Zunnabeld	DPA				WDR	
	3 Sanna van der Velde	DC2				WDR	

Referee:

Assistant:

Starter:

From 3/12/2025 5:15:00 PM to 3/12/2025 6:54:51 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

7. Race Result 1500 meter

	Name	Cat	PB	Time	Info
67	wt rd	88 Aiko Hulzebos	H60		2:41.94

Aiko Hulzebos

300m	36.24	(36.24)	m
700m	1:17.40	(41.16)	
1100m	1:59.49	(42.09)	
1500m	2:41.94	(42.45)	

	Name	Cat	PB	Time	Info
68	yw bl	4 Benthe Kamerling	DC1		WDR
		2 Danique Stout	DPA		2:31.86

Benthe Kamerling

Danique Stout

300m	32.26	(32.26)
700m	1:11.30	(39.04)
1100m	1:51.68	(40.38)
1500m	2:31.86	(40.18)

	Name	Cat	PB	Time	Info
69	wt rd	1 Emma van der Velde	DPA	2:57.08	2:47.87 PB
		120 Blom Ooijman	DC2		3:01.96

Emma van der Velde

Blom Ooijman

300m	34.80	(34.80)	300m	37.40	(37.40)
700m	1:18.41	(43.61)	700m	1:24.43	(47.03)
1100m	2:03.86	(45.45)	1100m	2:13.30	(48.87)
1500m	2:47.87	(44.01)	1500m	3:01.96	(48.66)

	Name	Cat	PB	Time	Info
70	yw bl	94 Yara Makkinga	DC1		2:49.48
		101 Marcel Bloemenkamp	H55	2:27.07	2:33.74

Yara Makkinga

Marcel Bloemenkamp

300m	34.12	(34.12)	300m	32.81	(32.81)
700m	1:16.04	(41.92)	700m	1:10.39	(37.58)
1100m	2:01.58	(45.54)	1100m	1:51.13	(40.74)
1500m	2:49.48	(47.90)	1500m	2:33.74	(42.61)

Referee:

Assistant:

Starter:

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Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
71	wt	71	Jasper van Roekel		HC2		2:39.47	2:31.65	PB
	rd	33	Marthe Schalkwijk		DB1		2:37.45	2:38.60	
		Jasper van Roekel			Marthe Schalkwijk				
		300m	31.05	(31.05)	300m	31.84	(31.84)		
		700m	1:09.77	(38.72)	700m	1:11.51	(39.67)		
		1100m	1:51.46	(41.69)	1100m	1:55.34	(43.83)		
		1500m	2:31.65	(40.19)	1500m	2:38.60	(43.26)		

		Name		Cat		PB		Time	Info
72	yw	9	Florine Zunnveld		DPA		2:31.05	WDR	
	bl	26	Mirjam Hulsebos		D55		2:37.43	2:43.44	
		Florine Zunnveld			Mirjam Hulsebos				
		300m			300m	34.95	(34.95)		
		700m			700m	1:16.94	(41.99)		
		1100m			1100m	2:00.06	(43.12)		
		1500m			1500m	2:43.44	(43.38)		

		Name		Cat		PB		Time	Info
73	wt	95	Huub Smeets		HA1		2:24.77	2:22.52	PB
	rd	3	Sanna van der Velde		DC2		2:29.01	WDR	
		Huub Smeets			Sanna van der Velde				
		300m	29.88	(29.88)					
		700m	1:05.42	(35.54)					
		1100m	1:42.89	(37.47)					
		1500m	2:22.52	(39.63)					

		Name		Cat		PB		Time	Info
74	yw	112	Inge Pelgröm		DSA		2:30.02	2:30.87	
	bl	70	Wietze de Haan		HC1		2:25.30	2:28.11	
		Inge Pelgröm			Wietze de Haan				
		300m	31.33	(31.33)	300m	31.91	(31.91)		
		700m	1:08.01	(36.68)	700m	1:08.35	(36.44)		
		1100m	1:48.25	(40.24)	1100m	1:47.27	(38.92)		
		1500m	2:30.87	(42.62)	1500m	2:28.11	(40.84)		

Referee:

Assistant:

Starter:

From 3/12/2025 5:15:00 PM to 3/12/2025 6:54:51 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
75	wt	34	Lauren van den Brink		DPA		2:07.27	2:11.58	TRC
	rd	46	Justin van Velde		HC1		2:06.15	2:11.07	
		Lauren van den Brink				Justin van Velde			
		300m	28.74	(28.74)		300m	28.16	(28.16)	
		700m	1:01.45	(32.71)		700m	1:00.77	(32.61)	
		1100m	1:35.58	(34.13)		1100m	1:35.47	(34.70)	
		1500m	2:11.58	(36.00)		1500m	2:11.07	(35.60)	

		Name		Cat		PB		Time	Info
76	yw	39	Abe van Laar		HC1		2:16.97	2:20.71	
	bl	28	Pieter Jan Oosterhoff		H50		2:21.51	2:33.83	
		Abe van Laar				Pieter Jan Oosterhoff			
		300m	30.50	(30.50)		300m	33.15	(33.15)	
		700m	1:05.92	(35.42)		700m	1:12.61	(39.46)	
		1100m	1:42.92	(37.00)		1100m	1:53.19	(40.58)	
		1500m	2:20.71	(37.79)		1500m	2:33.83	(40.64)	

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

8. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	47 Wouter Wietzes	H45	77	O	8:04.00		
2	76 Stef van Moolenbroek	HB1	78	I	8:42.46	FL	
3	104 Stefan Aukema	H45	77	I	9:02.69		
4	51 Thea de Groot	DA1	78	O	9:45.02	PB	

Referee:

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8. Race Result 5000 meter

	Name	Cat	PB	Time	Info
77	wt 104 Stefan Aukema	H45		9:02.69	
	rd 47 Wouter Wietzes	H45	7:40.17	8:04.00	
	Stefan Aukema				
	200m	25.08 (25.08)			
	600m	1:05.46 (40.38)			
	1000m	1:47.88 (42.42)			
	1400m	2:30.34 (42.46)			
	1800m	3:12.66 (42.32)			
	2200m	3:55.67 (43.01)			
	2600m	4:40.86 (45.19)			
	3000m	5:22.07 (41.21)			
	3400m	6:06.00 (43.93)			
	3800m	6:49.50 (43.50)			
	4200m	7:33.64 (44.14)			
	4600m	8:17.92 (44.28)			
	5000m	9:02.69 (44.77)			
	Wouter Wietzes				
	200m	21.38 (21.38)			
	600m	56.86 (35.48)			
	1000m	1:35.53 (38.67)			
	1400m	2:14.06 (38.53)			
	1800m	2:52.46 (38.40)			
	2200m	3:30.70 (38.24)			
	2600m	4:09.56 (38.86)			
	3000m	4:48.52 (38.96)			
	3400m	5:27.27 (38.75)			
	3800m	6:08.51 (41.24)			
	4200m	6:45.31 (36.80)			
	4600m	7:25.04 (39.73)			
	5000m	8:04.00 (38.96)			

	Name	Cat	PB	Time	Info
78	yw 76 Stef van Moolenbroek	HB1		8:42.46	FL
	bl 51 Thea de Groot	DA1	10:11.98	9:45.02	PB
	Stef van Moolenbroek				
	200m	21.39 (21.39)			
	600m	57.67 (36.28)			
	1000m	1:36.88 (39.21)			
	1400m	2:17.64 (40.76)			
	1800m	2:58.51 (40.87)			
	2200m	3:40.51 (42.00)			
	2600m	4:19.93 (39.42)			
	3000m	5:03.78 (43.85)			
	3400m	5:45.05 (41.27)			
	3800m	6:27.49 (42.44)			
	4200m	7:09.75 (42.26)			
	4600m	7:53.18 (43.43)			
	5000m	8:42.46 (49.28)			
	Thea de Groot				
	200m	26.77 (26.77)			
	600m	1:10.07 (43.30)			
	1000m	1:55.42 (45.35)			
	1400m	2:42.21 (46.79)			
	1800m	3:28.55 (46.34)			
	2200m	4:16.18 (47.63)			
	2600m	5:03.97 (47.79)			
	3000m	5:49.62 (45.65)			
	3400m	6:36.98 (47.36)			
	3800m	7:25.32 (48.34)			
	4200m	8:12.92 (47.60)			
	4600m	8:59.69 (46.77)			
	5000m	9:45.02 (45.33)			

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9. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	62 Mees Klunder	HB1	83	I	4:32.28		
2	17 Twan van de Poppe	HC2	83	O	4:35.69	PB	
3	50 Wiebe de Rijk	HC2	79	O	4:39.38		
4	65 Sjoerd de Haan	HC2	84	O	4:51.30	PB	
5	8 Daniël ten Cate	HSA	84	I	4:59.03		
6	56 Lenneke Groot Koerkamp	DA2	82	I	5:15.81		
7	54 Lisa Otten	DB1	82	O	5:20.07	PB	
8	44 Inge Blaakmeer	DA1	81	I	5:21.91	PB	
9	30 Demi Bartelds	DN4	81	O	5:24.74	PB	
10	49 Sander Wietzes	HA2	80	O	5:29.15		
11	111 Niels Klein Koerkamp	HSB	79	I	5:35.40		
12	42 Carl de Rijk	H50	80	I	5:41.53		

Referee:

Assistant:

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9. Race Result 3000 meter

	Name	Cat	PB	Time	Info
79	wt 111 Niels Klein Koerkamp	HSB		5:35.40	
	rd 50 Wiebe de Rijk	HC2		4:39.38	
	Niels Klein Koerkamp				
	200m	24.96 (24.96)		200m	21.47 (21.47)
	600m	1:06.84 (41.88)		600m	57.11 (35.64)
	1000m	1:50.35 (43.51)		1000m	1:33.29 (36.18)
	1400m	2:34.89 (44.54)		1400m	2:09.43 (36.14)
	1800m	3:19.89 (45.00)		1800m	2:46.18 (36.75)
	2200m	4:05.57 (45.68)		2200m	3:23.47 (37.29)
	2600m	4:50.41 (44.84)		2600m	4:01.41 (37.94)
	3000m	5:35.40 (44.99)		3000m	4:39.38 (37.97)

	Name	Cat	PB	Time	Info
80	yw 42 Carl de Rijk	H50		5:41.53	
	bl 49 Sander Wietzes	HA2		5:29.15	
	Carl de Rijk				
	200m	27.90 (27.90)		200m	26.39 (26.39)
	600m	1:09.95 (42.05)		600m	1:08.17 (41.78)
	1000m	1:53.12 (43.17)		1000m	1:51.39 (43.22)
	1400m	2:37.45 (44.33)		1400m	2:34.65 (43.26)
	1800m	3:22.48 (45.03)		1800m	3:17.83 (43.18)
	2200m	4:08.12 (45.64)		2200m	4:01.95 (44.12)
	2600m	4:54.88 (46.76)		2600m	4:45.71 (43.76)
	3000m	5:41.53 (46.65)		3000m	5:29.15 (43.44)

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Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
81	wt	44	Inge Blaakmeer		DA1		5:31.58	5:21.91	PB
	rd	30	Demi Bartelds		DN4		5:25.20	5:24.74	PB
		Inge Blaakmeer			Demi Bartelds				
		200m	24.78	(24.78)	200m	24.46	(24.46)		
		600m	1:05.86	(41.08)	600m	1:04.15	(39.69)		
		1000m	1:48.65	(42.79)	1000m	1:45.58	(41.43)		
		1400m	2:31.34	(42.69)	1400m	2:28.33	(42.75)		
		1800m	3:13.80	(42.46)	1800m	3:12.00	(43.67)		
		2200m	3:55.87	(42.07)	2200m	3:55.33	(43.33)		
		2600m	4:39.08	(43.21)	2600m	4:39.88	(44.55)		
		3000m	5:21.91	(42.83)	3000m	5:24.74	(44.86)		

		Name		Cat		PB		Time	Info
82	yw	56	Lenneke Groot Koerkamp		DA2		5:12.96	5:15.81	
	bl	54	Lisa Otten		DB1		5:38.98	5:20.07	PB
		Lenneke Groot Koerkamp			Lisa Otten				
		200m	23.38	(23.38)	200m	24.02	(24.02)		
		600m	1:03.75	(40.37)	600m	1:03.55	(39.53)		
		1000m	1:45.27	(41.52)	1000m	1:45.80	(42.25)		
		1400m	2:27.17	(41.90)	1400m	2:27.49	(41.69)		
		1800m	3:09.19	(42.02)	1800m	3:10.47	(42.98)		
		2200m	3:51.89	(42.70)	2200m	3:53.74	(43.27)		
		2600m	4:33.98	(42.09)	2600m	4:37.43	(43.69)		
		3000m	5:15.81	(41.83)	3000m	5:20.07	(42.64)		

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Sport- en Recreatiecentrum de Scheg - Deventer

12 March 2025

		Name	Cat	PB	Time	Info
83	wt	62 Mees Klunder	HB1	4:29.01	4:32.28	
	rd	17 Twan van de Poppe	HC2	4:38.22	4:35.69	PB
		Mees Klunder				
		200m	21.47 (21.47)			
		600m	56.50 (35.03)			
		1000m	1:31.20 (34.70)			
		1400m	2:06.85 (35.65)			
		1800m	2:42.64 (35.79)			
		2200m	3:19.32 (36.68)			
		2600m	3:55.85 (36.53)			
		3000m	4:32.28 (36.43)			
		Twan van de Poppe				
		200m	22.00 (22.00)			
		600m	57.05 (35.05)			
		1000m	1:32.30 (35.25)			
		1400m	2:07.48 (35.18)			
		1800m	2:43.25 (35.77)			
		2200m	3:19.76 (36.51)			
		2600m	3:57.46 (37.70)			
		3000m	4:35.69 (38.23)			

		Name	Cat	PB	Time	Info
84	yw	8 Daniël ten Cate	HSA	4:37.05	4:59.03	
	bl	65 Sjoerd de Haan	HC2	4:53.27	4:51.30	PB
		Daniël ten Cate				
		200m	22.59 (22.59)			
		600m	58.32 (35.73)			
		1000m	1:35.26 (36.94)			
		1400m	2:13.22 (37.96)			
		1800m	2:52.27 (39.05)			
		2200m	3:32.85 (40.58)			
		2600m	4:15.21 (42.36)			
		3000m	4:59.03 (43.82)			
		Sjoerd de Haan				
		200m	22.24 (22.24)			
		600m	57.94 (35.70)			
		1000m	1:35.39 (37.45)			
		1400m	2:13.59 (38.20)			
		1800m	2:52.33 (38.74)			
		2200m	3:31.54 (39.21)			
		2600m	4:11.60 (40.06)			
		3000m	4:51.30 (39.70)			

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